

## **Course Summary**

### **[Name of Course]**

*Skin Care & Pressure Sore Programme*

### **[Training Provider]**

*RasaCare Pte Ltd*

### **[Target Participants]**

*For Caregivers who are taking care of elderly and / or bed bound care recipients.*

### **[Synopsis]**

*This course aims to equip caregivers with the knowledge of skin structure, stages of pressure sores. Caregivers will learn to about preventive measures, identification and management of pressure sores / wounds and other skin conditions.*

### **[Course Outline]**

#### *1) Skin Care (10 mins)*

- a. Anatomy of Skin*
- b. Function of our Skin*
- c. Effects of Ageing on the Skin*

#### *2) Pressure Sore (40 mins)*

- a. What is Pressure Sore*
- b. Common Pressure Areas*
- c. Stages of Pressure Sore*
- d. Preventive Measures*
  - i. Nourishing the Skin*
  - ii. Passive Exercise and Regular Turnings*
  - iii. Available Products and Equipment*
- e. Management*
  - i. Different Stages, Different Solution*
  - ii. Dressing Techniques*
  - iii. Diet and Nutrition*

#### *3) Common Skin Conditions among Elderly (10 mins)*

- a. Skin Tear*
- b. Ecchymosis*
- c. Excoriation*
- d. Fungal Infection*
- e. Bullous Pemphigoid*
- f. Cellulitis*

**[Learning Outcomes]**

*Primary Caregiver will be able to*

- 1. learn the importance of skin care*
- 2. recognise common pressure areas and identify pressure sores*
- 3. prevent and manage pressure sores / wounds and other skin conditions*

**[Mode of Teaching]**

*Home-Based*

*Demonstration (may have physical contact with participants)*

**[Venue]**

*Home-Based training at the participant's or care recipient's home*

**[Course fee]**

*Course Fee (before CTG)*

*SGD140*

*Co-Payment (after CTG)*

*SGD10 \**

*(Subject to eligibility and the remaining amount of the care recipient's CTG, Caregiver Training Grant, which is capped at SGD200 per year)*

**[Duration]**

*1 hour*

**[Trainer's Bio]**

*Please call the Training Provider for more information*

**[Enquiries]**

*Please contact RasaCare Pte Ltd at :-*

*Tel : 6100 3600*

*Email : [ctg@rasacare.sg](mailto:ctg@rasacare.sg)*

*[www.RasaCare.sg](http://www.RasaCare.sg)*